



## Further Information

### What is the Cancer Society trying to achieve with the 'Quit Smoking for a Better Life' resource?

The Cancer Society, together with the New Zealand Federation of Family Budgeting Services, has produced the resource in order to encourage:

- Family Budgeting Services clients who smoke to think about quitting smoking;
- Family Budgeting Services clients who are thinking of quitting to access free services which will increase their chances of success; and,
- parents to take steps to keep their tamariki/kids smokefree.

We trust that Budget Advisers will work with us to help reduce the heavy impact that smoking is having on our community.



### How do I get extra copies of the 'Quit Smoking for a Better Life' resource?

Contact the National Office of the New Zealand Federation of Family Budgeting Services and order copies through the normal procedure.

### I'd like to talk to someone about this project, who should I call?

If you have any questions or comments you'd like to make about the resource please contact either the Cancer Society or the NZ Federation of Family Budgeting Services.

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# A Budget Advisers Guide

## Providing options for your smoking clients

SUPPORTING THE 'QUIT SMOKING FOR A BETTER LIFE' RESOURCE

As Budget Advisers, the primary focus of work is helping clients reach their financial goals. For those clients who smoke, quitting smoking can significantly contribute to achieving those goals.

The 'Quit Smoking for a Better Life' resource aims to give Budgeting Services' clients information so that they can consider quitting smoking as an option for achieving these financial goals.

The following information tries to answer some commonly asked questions about the 'Quit Smoking for a Better Life' resource and the role of Budget Advisers in referring people to quitting smoking services.



NEW ZEALAND FEDERATION OF  
FAMILY BUDGETING SERVICES (INC.)  
TE RŌPŪ PĒNAPĒNA PŪTEA  
WHĀNAU O AOTEAROA

# Steps to take to Implement the Project in your Service

## FOR BUDGETING SERVICES COORDINATORS

Step 1



Find out where your local quit smoking services are from the project website at: [www.quitsmoking.org.nz](http://www.quitsmoking.org.nz)

Step 2



Make contact with local quit smoking services like Aukati Kai Paipa. Organise to learn more about the programmes they offer locally.

Step 3



Although we really want Budget Advisers to be the primary distributor of the resource to Clients, it may be useful to have some copies available on the stand in case people would like to take a copy.

Step 4



You may like to place an Auahi Kore / Smokefree sticker on the front door of your office to show that you support the Auahi Kore / Smoke-free Kaupapa.

## FOR BUDGET ADVISERS

Step 1



Give copies of the 'Quit Smoking for a Better Life' resource to clients who smoke when those clients identify they might be open to quitting.

Step 2



Go through the 'workbook' component of the resource on the front page with the client to work out their monthly expenditure on tobacco.

Step 3



Write the contact details of your local quit smoking service on the back page of the resource.

Step 4



If your client asks you to, you might wish to help make an appointment with your local quit smoking service for your client.

# Frequently Asked Questions

## What can clients gain from quitting smoking?

Quitting smoking can save clients a significant amount of money and make a significant contribution to helping them achieve their financial goals. Clients will also benefit in terms of their health, and the health of their families. People who quit smoking often note that succeeding in their quit attempt was a major life achievement which renewed their self confidence and self belief.

## When should Budget Advisers introduce the issue of smoking into the budgeting plan process?

Budget Advisers should give the 'Quit Smoking for a Better Life' resource to people when they feel the client might be open to it. This may not be the first visit, but hopefully, as your relationship with the client grows, you may be able to introduce it at the appropriate time - depending on the client.

## How can I introduce the issue of smoking to clients?

When planning out budgets with clients, Budget Advisers may find it appropriate to present quitting smoking as an option for saving money. Clients will not always be in the right 'place' to give it a go, and may not take the option up. However Budget Advisers should offer their clients a variety of options and quitting smoking is an option that many clients could be open to. You may find the questions below useful for introducing the issue and the 'Quit Smoking for a Better Life' resource to your clients.

1. Some people find that quitting smoking really helps their weekly cash flow, as well as having lots of other benefits - would you like to look at how much you would save from quitting smoking?
2. How do you think smoking affects your budget?
3. How do you think quitting smoking could improve your life, and that of your family?
4. Have you ever thought about quitting smoking? It'd make a real difference to your budget and there's free help if you want to try?
  - If "No" you could say, 'If you're ever interested there are programmes like Aukati Kai Paipa and Quitline I could put you in touch with. Going through a programme like either of these can really make a difference.'
  - If "Yes" you could say, 'If you ever want to try again you might want to consider getting support from a quit coach. Aukati Kai Paipa is a free 12 month programme with face-to-face meetings with a quit coach. Alternatively there is Quitline where you get telephone support from a quit coach. Support from either one of these programmes might make quitting a bit easier next time you want to try. Just let me know if you'd like me to put you in touch with them.'

## But what if they don't want to quit?

It is their decision. If they are not ready, then there is no point pushing them. Advisers should offer their clients the option and provide them with the necessary referral. The final decision is the clients, but they should be given the opportunity to make that decision.

## What do I tell clients about quitting?

We ask that Budget Advisers tell their clients that quitting smoking is an option available to them to help achieve their financial goals that also has many other positive benefits. We also ask Advisers to let their clients know that there are free quitting smoking services available to them to support them in their efforts to quit.

## Our ethos at Budgeting Services means that we don't tell people what to do, so how can we tell people to quit smoking?

We're not asking Budget Advisers to 'tell' their clients to quit, but rather to bring up the issue of smoking when you feel it is appropriate, and to let them know, through the resource, that there are free services where they can get support to quit smoking. Most people don't want to smoke, but may need some encouragement to seek support.

## What about stress? My clients are stressed about money and smoking helps them deal with it!

Lots of people smoke when they are stressed, but smoking also adds to their stress because of the need to find the money to pay for cigarettes. Many people talk about the stress of having to find \$30 or \$50 a week to pay for cigarettes. But not everyone is ready to quit smoking. The point is to give your clients the option to choose for themselves.

## But I smoke, no one is going to take what I say seriously?

The Cancer Society understands that some Budget Advisers may smoke and we would encourage you to consider giving quitting another go. But no one expects you to be perfect, we just want you to help us make your Clients more aware that they can quit smoking and that there are people out there to help them succeed.